

# TRAINING GRADUATES

## Wellness Instructor Training Program

The Office of Staff Development and Training is pleased to announce the completion of the newly implemented OSDT Wellness Instructor Training Program. OSDT congratulates the following Adult Correction – Prisons Instructors on completing the OSDT Wellness Instructor Training Program which were held beginning May 6, 2014 and concluded on June 12, 2014. This twenty-four (24) hour program provides specialized certifications to instructor the OSDT Employee Fitness and Wellness Lesson Plan, which is delivered in the Correctional Officer and Probation/Parole Basic Training Programs. The OSDT Employee Fitness and Wellness will be implemented into Adult Correction and Juvenile Justice Prisons In-Service Training beginning July 1, 2014. Instructors were introduced to fitness and wellness as they relate to the overall fitness and wellness of the human body. The course provided training on coronary risk factors, human anatomy, exercise and safety, flexibility training, cardiovascular training, nutrition training and behavior change. Instructors participated in numerous physical fitness sessions that included several types of circuit training and flexibility training. Instructors were provided information and the necessary knowledge to assist DPS employees in meeting their wellness goals along with performing the essential job functions. Instructors successfully completed a written examination. Please join us in congratulating the newest OSDT Wellness instructors.







